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LOVE'S LABOURS

IN THE ERA OF ONLINE DATING, OLD-FASHIONED MATCHMAKERS PROMISE A PERSONAL TOUCH PAGES 4 & 5

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A HALE OF A NIGHT

Members of Halestorm, from left, Joe Hottinger, Lzzy Hale, Arejay Hale and Josh Smith, mug for the cameras backstage after winning a Grammy Award for best hard rock/metal album for Love Bites (So Do I) at the 55th annual Grammy Awards on Sunday in Los Angeles. For more Grammys coverage, turn to page 8 or go to metronews.ca. MATT SAYLES/INVISION/THE ASSOCIATED PRESS

Have bike, will travel

Winter cycling is nothing to be afraid of, says organizers of the 2013 IceCycle PAGE 3

Snowstorm wreaks havoc

'We've never seen anything like this,' says one Long Island, N.Y., official after parts of Canada and the U.S. Northeast were hit by a deadly blizzard PAGE 6

Come on and stir-fry it up

Try shrimp, asparagus and egg with a tangy Asian-inspired sauce PAGE 11

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IceCycle 2013 helps change perception of winter riding

We Are Many. Winter bike parade held to raise awareness about joys of winter cycling

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A group of approximately 150 cyclists could be seen in downtown Saskatoon on Sunday afternoon as part of the 2013 IceCycle winter bike parade.

An event held by Saskatoon Cycles and youth environmental group We Are Many, IceCycle hopes to raise awareness about the joys of winter cycling while breaking some of the misconceptions about the bike as a mode of transportation throughout the winter months.

The lead organizer at this year's event, Kamil Rogowski, said winter cycling is like any winter sport, adding that for a lot of people, trying it out is the biggest obstacle.

"Living in Canada and Saskatchewan … we have to brave the elements a lot, and I think, overall, we embrace winter," said Rogowski. "I think cycling is just another one of those activities such as skiing, playing ice hockey or cross-country skiing, that you go out there, you bundle up and it turns out to be a lot of fun."

Sarah Oosman who was participating in the parade with her husband and two children — Olive, 5, and Hamish, 3 — agreed, saying she wants to get her kids pushing pedals early.

"By nurturing, modelling and getting them involved at a young age, we're hoping that it will just integrate it into their life naturally — without having to really work it into their lives as they get older," said Oosman.

Before the parade, participants also had the chance to take part in a winter cycling workshop and get some tips about how to ride safe during the cold season.

Participants of the 2013 IceCycle are seen coming down Spadina Crescent East near the Delta Bessborough on Sunday afternoon. Organizers say the event hopes to raise awareness about the joys of winter cycling. MORGAN MODJESKI/METRO

WinterShines despite vandalism to sculptures

Shad Ali, festival director, poses for a photo with one of the damaged ice sculptures on the last day of the PotashCorp WinterShines Festival. He says festival-goers turned a negative into a positive as they constructed some new structures out of the destroyed sculptures. MORGAN MODJESKI/METRO

Vandalized ice sculptures at this year's PotashCorp WinterShines Festival didn't dampen the mood at the winter celebration, as organizers say this year's event was one of the best attended in its five-year history.

Shad Ali, festival director with WinterShines, said they were seeing between 3,500 and 5,000 people during the festival's weekends and roughly 1,000 people on a day-to-day basis on weekdays at the event's primary site, the Saskatoon's Farmers Market.

Ali explained he feels the rise in attendance is a sign the festival will continue to grow in the city.

"The numbers are certainly trending upwards from previous years," said Ali.

"I think it's really a good signal that the festival has come into its own over the last five years and it's become something residents and visitors are starting to anticipate."

He explained although he was disappointed about the destruction of some of the festival's ice sculptures, the act of vandalism resulted in a positive as some festival-goers took the broken pieces and constructed them into something new.

"That was disappointing but the spirit of the Saskatoon people was amazing," said Ali.

"They were taking some of the pieces that were there and they were building structures with them, as if they were Lego type toys.… It wasn't the most positive element as someone came and did a little bit of vandalism on the site, but, again, it really just gave another opportunity for citizens to enjoy all that the city has to offer."

Ali said police were contacted about the damaged ice sculptures.

MORGAN MODJESKI/METRO

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The object of your affection deserves something more tangible than hastily arranged zeroes and ones. THINKSTOCK

The lost art of analog amour

Allow us to resubmit for your approval a treasured artifact of romantic history: The love letter.

In the Facebook era, it's the height of romance "because there is a certain level of effort behind love letters, especially because we're so wired today," said Dr. Azadeh Aalai, a psychology professor at Montgomery College in Montgomery County, Md. "If you're sending a text, you don't know if it's being sent to multiple people. How many people even know the addresses of their friends and acquaintances?"

Records of love letters have been found as far back as Ancient Egypt, and as recently as every other pop song. A love letter is measured against the all-time-best examples of the form by its ability to flatter the recipient and reveal how the sender feels about that special someone — and, most importantly, by whether it has been penned by hand.

"People still appreciate having something tangible," said Tracy Steinberg, a dating coach and flirting expert based in New York. "I'm not dismissing the value of a sweet text or email, but there is something nice about having a letter that your lover gave you."

Science supports this. Aalai said that there's a different psychological connection made when a person sees a written signature versus a typed name. On top of that, the short hand and acronyms we use while typing doesn't hold the same "prose and beauty" of the written word.

Dianne Gottsman, a national etiquette expert and the owner of the Protocol School of Texas in San Antonio (yes, that place really exists), said that the difference between a handwritten love letter and an email is similar to the difference between showing up to a date with your hair combed and a clean shirt versus showing up with messy hair and a wrinkled shirt

"For a special occasion, it feels much better to receive something that you've put more effort into," she said.

MICHELLE CASTILLO/
METRO WORLD NEWS

Learn from the masters

Great moments in love-lettering

Dr. Azadeh Aalai, a psychology professor, analyzes two classics of the hallowed form.

Marlon Brando to Stewardess

Dear Lady —

There is something not quite definable in your face — something lovely, not pretty in conventionally thought of way. You have something graceful and tender and feminine.

You seem to be a woman who has been loved in her childhood, or else, somehow by the mystery of genetic phenomena you have been visited by the gifts of refinement, dignity and poise. Perhaps you cannot be accredited with all that.

Irrespective of your gothic aspects, you have passed something on in terms of your expression, mien and general comportment that is unusual and rewarding.

It's been a pleasant if brief encounter and I wish you well and I hope we shall have occasion to cross eyes again sometime.

Best wishes
Marlon Brando

Dr. Aalai says:

"The spontaneity of Brando to a woman he didn't even know was noteworthy and I think adds the dimension of spontaneity or the unexpected to a love letter. It doesn't have to be to someone you know intimately; it can be to someone you feel a fleeting connection to that you want to notice you or to let them know they have been noticed."

Frida Kahlo to Diego Rivera

Diego, my love,

Remember that once you finish the fresco we will be together forever once and for all, without arguments or anything, only to love one another.

Behave yourself and do everything that Emmy Lou tells you.

I adore you more than ever.

Your girl, Frida
(Write me)

Dr. Aalai says:

"Frida's letter struck my fancy because of the kiss she left with the lipstick stain — very tangible and sexy and passionate. And hers was short but tender and sweet."

MATCHMAKER,

Traditional dating. The ancient art of matchmaking is alive and well, even in today's digital world

ANNALISE KLINGBEIL
Metro in Edmonton

Krystal Walter was fed up.

"It's just been a complete nightmare," the 30-year-old said.

Walter's search for love led her online at first, and then on dates with men that "didn't have legal jobs" and even a doctor who, according to her research, had a suspended medical licence.

"You don't want to go on a date with someone and Google them and find out horrible things," Walter said.

Spending $2,000 on an unsuccessful visit to a professional matchmaker was the breaking point that spurred Walter to venture into an old-fashioned profession and start her own matchmaking company.

She's hopeful her clients, who range in age from 25 to 45, will have better luck in their search for Mr. or Mrs. Right through her recently launched Edmonton-based company, Krystal Walter Professional Matchmaking.

Walter personally meets every client and each must undergo an interview and complete a background check before they're matched.

Carmelia Ray is an Ontario-based matchmaking specialist who believes matchmaking is a great option for singles looking for an alternative to finding love online.

Ray said the majority of clients she sees have dabbled in online dating and realized it's simply not for them.

"Some of them have been very frustrated with online dating so they're turning to a matchmaker," she said.

Ray listed the lack of safety and security online, and time needed to sort through profiles, as reasons why some singles find it difficult to locate the perfect match through online dating websites.

Amanda Meyer is leery of the online dating scene. While she didn't turn to matchmaking, she found her man in a similarly "traditional" fashion.

After meeting her future husband through a mutual acquaintance, they spent several months as friends before starting to date. They're celebrating their seventh wedding anniversary this month.

"There was a nice progression. We were friends first, so we were comfortable and we knew each other," Meyer said.

"We always sort of joke we don't even really have a dating anniversary because it really was sort of a transition between friendship to dating."

Meyer said she has friends who've given online dating a try and while she's not against meeting your potential future spouse through the Internet, she thinks it can be "a little sketchy."

"People put up profiles and they can advertise themselves falsely, whereas I knew him and I knew where he worked and I knew he wasn't lying and wasn't false advertising himself."

In-person meetings are still essential, according to matchmakers.

Melissa Brown is president of It's Just Lunch, an international company that uses matchmakers to pair clients — who are typically busy professionals — on lunch dates.

The business began in Chicago more than two decades ago in a pre-Internet age and since then, "it's just con-

Quoted

"Call us old-fashioned, call us what you want, but we take a very personal approach to dating."

Melissa Brown, president of matchmaking company It's Just Lunch

Advice, free of charge

First-date dos and don'ts

Whether you meet online, through a matchmaker or in the lineup at the grocery store, once you snag that first date it's important to make a good impression if you want to get to date No. 2.

Matchmakers Carmelia Ray, Krystal Walter and Melissa Brown offered these tips:

Do talk about interests, hobbies, family, vacation spots and other appropriate first-date topics. "Not diving into political discussions or talking about ex-relationships," Brown recommended.

Do be on time. "First impressions are really everything," Brown said.

Do keep the first date short. "Chances are you'll find out halfway through the dinner if you're interested," Walter said.

Don't text or email a lot before the date. "Just get on the phone and make a date," Walter said.

Don't be negative, Do be positive. "I think attitude is a really important tip when it comes to dating," Ray said.

Do mind your manners. "Gentlemen, play the role of a gentleman; and women, be lady-like," Ray said.

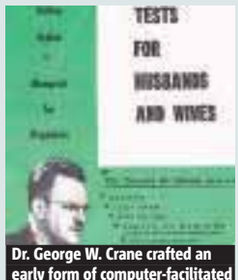
METRO

The way we were

A history of dating services

- **1700:** The first personal ads are placed in British newspapers to match singles in their early 20s.
- **1941:** A statistics-based dating/matchmaking service is opened in Newark, N.J.

Dating goes higher-tech. BIBLIOARCHIVES/LIBRARYARCHIVES/FLICKR



Dr. George W. Crane crafted an early form of computer-facilitated dating. FOUNTAINCOUNTY.ORG

MAKE ME A MATCH

Good-old-fashioned matchmakers say online dating can't compare to the personal touch they offer. HEATHER MCINTYRE/METRO

tinued to grow," Brown said.

"Even with the introduction of the Internet and online dating services, you still really truly cannot have that chemistry unless you meet someone face-to-face. Call us old-fashioned, call us what you want, but we take a very personal approach to dating," she said.

The act of matchmaking itself is certainly old-fashioned. Long ago, professional matchmakers worked in Jewish communities in Eastern Europe and Russia, as famously portrayed in the musical Fiddler on the Roof. Matchmakers also existed in traditional Japanese and Chinese cultures.

At It's Just Lunch, clients meet for a confidential interview with one of the company's dating specialists, who are trained matchmakers, before being paired with other clients.

The matchmakers even arrange the details of the date, meaning clients, who range in age from their 20s to their 50s and whose professions include doctor, lawyer, teacher and entrepreneur, simply show up for their lunch date.

"It's casual, it's stress-free and it's relaxed. Within an hour you can pretty much get an idea if you want to see that person again," Brown said.

For Walter, matchmaking is about quality over quantity.

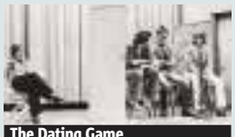
"Some people like to have the quantity. That's one thing that draws people to online dating," she said.

Most matchmakers meet their clients in person and do background checks, meaning potential dates are screened in a way that's not possible on many online dating websites.

Ray added that in today's digital world, matchmaking is a sound option for singles who don't want to spend their time clicking through profiles online.

"Online dating obviously has helped matchmakers," she said.

- **1957:** Dr. George W. Crane creates a computer dating service, where applicant forms are processed by an early IBM card-sorting machine.



The Dating Game
WIKIMEDIA COMMONS/ABC

- **1965:** The Dating Game, where one woman questions three men she can't see, debuts on TV.
- **1980s:** Video dating, where users create a video of themselves to be viewed by other customers, gains popularity well into the 1990s.

Video dating
BEIGEALERT/FLICKR

Tomorrow: The rise of online dating sites and services

THE COURSE TO TRUE LOVE NEVER DID RUN SMOOTH

PERSONAL PERSPECTIVE
Darren Krause
darren.krause@metronews.ca

I experimented with Lavalife once. For two weeks. Nearly 10 years ago.

It was right after I separated from my first wife. Go figure.

It involved clicking through a catalogue of best-foot-forward photos after inputting search parameters to weed out the logical mismatches.

While it was free to wink, I had to pay to play, so-to-speak. I paid about $20 once to charge up my Lava credits so I could make contact with prospective matches via email or instant message.

This resulted in the arrangement of a sporadic but cordial instant-message conversation. I suspected the person on the other end was engaged in a couple of IMs at the same time, with responses only coming every few minutes.

I ended my online love exploits shortly thereafter. Traditional dating was going to be more my speed. It was just more "me."

What I feared about online dating was its impersonal feel. It was orchestrated; it lacked that natural spark two people have upon first encounter. I feared I would be "matched" instead of loved.

Just not feelin' it

"What I feared about online dating was its impersonal feel.... I feared I would be 'matched' instead of loved."

Post-separation, I went to a Halloween party. Of course, a man had to have a standout costume to get noticed. I dressed up as a milk carton, my face on the back like that of a missing person. The costume was a conversation piece and garnered enough attention from a young woman that it turned into a phone number, a first date, then romance for a few months. It didn't last, but the meeting was comfortable and intriguing. It was natural. Most of my senses were engaged in the process. What I feared about online dating was that in those areas it was lacking.

Shortly thereafter a barista at a southwest Calgary coffee shop caught my eye. I went in most days, always hoping she would be there. It took months of awkward eye contact and the occasional "large Paradiso, no room" for me to muster the courage to ask her out.

We ended up dating for several months.

In the short time I was online dating I never felt that rush of adrenaline. I was shopping for a mate in a giant virtual black book. Binary-code forces were matching me instead of cosmic ones bringing people into my life.

Today, I'm happily remarried. I wed a woman I had already known for 15 years. Our lives had intertwined in numerous ways, including the death of her first husband and us living together platonically. We had a history, we had chemistry and now we have two kids.

As a traditional-dating advocate, I always worried I would never suffer the beauty of courtship (failed or otherwise) by submitting to online dating.

While the search for online romance grows in popularity, the end goal remains the same: love.

I can't say whether you get sweaty palms, butterflies and dry mouth when meeting an online date in person for the first time — I never did meet up with anyone via the World Wide Web.

Instead I sought chemistry, a painstaking progression with all the emotional and physical response that goes with the uncertainty of putting yourself out there.

I felt it was something a computer just couldn't match.

The search for love took our columnist online before he decided to opt for the more traditional route. CHINA PHOTOS/GETTY IMAGES

Digging out after the storm

Keith Tobin hauls a bucket of snow down the street while shovelling out his car in Boston Sunday.
WINSLOW TOWNSON/THE ASSOCIATED PRESS

Dangerous weather. At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm

About 310,000 homes and businesses remained without power Sunday as the U.S. Northeast and Canada dug out from a blizzard that dumped up to a metre of snow on the most densely populated part of the region. The death toll was at 15.

Some motorists had to be rescued after spending hours stuck in wet, heavy snow. Utilities in some hard-hit New England states predicted that the storm could leave some customers in the dark at least until Monday.

"We've never seen anything like this," said county official Steven Bellone of New York's Long Island, where hundreds of drivers had been caught on highways by Friday's fast-moving storm. Local police said Sunday that all known abandoned cars were searched and no one needing medical help was found.

At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm, including an 11-year-old boy in Boston who was overcome by carbon monoxide as he sat in a running car to keep warm while his father shovelled Saturday morning.

Roads were impassable, and cars were entombed by snow drifts. Some people couldn't open the doors of their homes.

Blowing with hurricane-force winds, the storm hit hard along the heavily populated corridor between New York City and Maine.

New York City's three major airports — LaGuardia, Kennedy and Newark, N.J. — were up and running by late Saturday morning after shutting down the evening before. Boston's Logan Airport resumed operations late Saturday night.

Most of the power outages were in Massachusetts.

THE ASSOCIATED PRESS

Heavy stuff

"It's like lifting cement."

Michael Levesque, who was shovelling snow in Massachusetts.

Liberal leadership

MP wants to help indebted students

Liberal leadership hopeful Marc Garneau would do away with the current requirement that post-secondary students begin paying off student loans six months after graduation.

The Montreal MP would give students an indefinite grace period, requiring graduates to start repaying loans only after they've found work paying $40,000 per year.

THE CANADIAN PRESS

Struck by falling net

Boy, 9, killed in hockey accident

A nine-year-old boy is dead after an accident at an outdoor rink in a municipality northeast of Montreal.

Quebec provincial police say the boy was playing hockey alone at around 9 a.m. Saturday when a hockey net fell on top of him. Two municipal workers in Saint-Severin found the boy lying on the ice, underneath the net. THE CANADIAN PRESS

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Boring banknotes: BoC nixed images of minorities on bills

The Bank of Canada considered celebrating gay marriages, black hockey players and turban-wearing RCMP officers on its new plastic banknotes — but eventually nixed them all in favour of the more traditional images of a train, a ship and a monument.

Internal documents show that focus groups and a Bank of Canada team reviewed a series of currency images intended in part to reflect the diversity of Canada's population, particularly the country's varied ethnic character.

Images that were considered included a Chinese dragon parade, the swearing in of a new citizen, Toronto's annual Caribbean festival, children of different ethnic backgrounds playing hockey or building a snowman, and a person in a wheelchair playing basketball.

The image catalogue was drawn up in 2008 by The Strategic Counsel, a market-research firm hired for $476,000 to help the bank decide how to illustrate its new series of polymer $5, $10, $20, $50 and $100 bills. The first note, the $100, began circulating in November 2011.

The $100 bill was the first in the Bank of Canada's new series of polymer banknotes. A market-research firm hired by the bank found strong support for illustrating the plastic currency with images reflecting Canada's diversity. But in the end, traditional images such as a train, a ship and a monument ended up on the banknotes. THE CANADIAN PRESS FILE

Drawing on focus-group discussions and workshops with Canadians in six cities, the consultant found strong support for themes of "diversity, inclusiveness, acceptance of others/multiculturalism." Eventually, 41 image ideas covering several themes were tested and given scores.

Many images proposed at the start of the process did not make the cut. Rejected were illustrations of a gay marriage, an RCMP officer wearing a turban, and "hockey with a twist ... with a black player."

THE CANADIAN PRESS

What made the cut

- The $5 note will show robotic arms built for space programs and the $10 note, a train. The $20 note depicts the Vimy Ridge memorial in France, while the $50 has a picture of an icebreaker.

NO SENSE IN THE SENATE

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

Denise Batters, congratulations!

You have just won the lottery. The prime minister has appointed you to the Senate, where you will join such esteemed legislators as Mike Duffy, Mac Harb and (if he's acquitted of all charges pending) Patrick Brazeau.

You will receive a base salary of $132,000 until you are 75, and as you are currently 42, that's at least $4,356,000. Not to mention the perks that go with the job, such as the living allowance currently in the news thanks to the shenanigans of senators Duffy, Harb and Brazeau.

I should point out before I go much further that I have nothing against Denise Batters. If anyone should be appointed to the Big Rock Candy Mountain, it might as well be Ms. Batters, Regina's well-known legal stalwart and mental-health advocate.

You could even argue that Ms. Batters is more qualified than Mike Duffy or fellow Saskatchewan senator Pamela Wallin, who were, before they won the lottery, journalists. Now Sen. Duffy sneaks out through the kitchen to avoid journalists, which is indicative of how far he has come.

Reform, right?

Canada, last time I checked, is a democracy, which leads you to wonder why our upper house is made up of appointed, not elected, political bag men, hacks, organizers and other backroom boys and girls.

The sad fact is no one should be appointed to the Senate. Canada, last time I checked, is a democracy, which leads you to wonder why our upper house is made up of appointed, not elected, political bag men, hacks, organizers and other backroom boys and girls. Frank Mahovlich, one of the mandatory retirees being replaced by Ms. Batters, was appointed for being a Toronto Maple Leaf, and he is not the most egregious example of a frivolous appointment. Patrick Brazeau, who has done more to hasten the abolition of the Senate than any dedicated democratic reformer, wins that prize.

But let's not dwell on individuals. Let's step back and marvel at the absurdity of the entire circus.

The Senate costs the nation approximately $100 million a year.

It meets for 69 days. How many people do you know who make at least $132K a year to work two days out of 10?

Senators are appointed at the whim of the prime minister. PM Stephen Harper, a longtime advocate of Senate reform (remember the triple-E Senate? Elected? Equal? Effective?), appointed Sen. Brazeau, whose only distinction to date (apart from being the only senator currently facing criminal charges of sexual assault and assault) has been his role as a punching bag for Justin Trudeau.

There are 105 senators. Saskatchewan has six. Prince Edward Island, alleged home province of Sen. Duffy (because for years, he has voted in Ontario), has four. P.E.I. has a population of 140,000. If you feel badly under-represented, how about B.C., which has a senator for every 685,581 citizens?

Fortunately, the Senate is the opposite of Effective, so no one really cares.

We should care. This is a travesty of democracy. It should be abolished, but as that requires a constitutional amendment in the land of Meech Lake and Charlottetown, fuggedaboudit. Ms. Batters, I suspect, will get to enjoy her entire 33-year windfall.

Denise Batters, a Regina lawyer and a senior figure in the province's Crown Investments Corp., has been appointed a senator for Saskatchewan.
SEAN KILPATRICK/THE CANADIAN PRESS

Waterspout something to sea

ISABELLE FILIPPINI/SOLENT

Ocean view

Phenomenon a yacht to take in

It's every sailor's nightmare, but for everyone else a waterspout makes for a jaw-dropping photo.

Here, off the coast of the French island of Corsica, a colossal whirling vortex appears perilously close to a small yacht drifting on the Mediterranean.

Quick-thinking vacationer Isabelle Filippini grabbed her camera to capture the spectacle.
METRO

Waterspout facts

- **Formation.** They're created when layers of cool air blowing over the water cause warm, moist air to surge up from underneath.
- **Not sea water.** For a long time, scientists thought the revolving mass of water in a waterspout was in fact from the sea — it's actually a spray of cloud water or condensation.

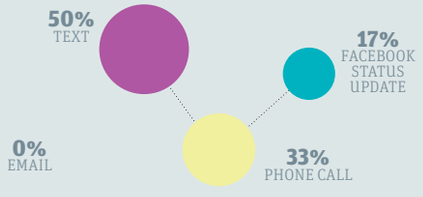
Shutter-happy

"My family and I had been admiring the sea, despite the low clouds. Then, all of a sudden one of the clouds was pointing towards the sea and I realized it was forming a tornado. I was amazed as the waterspout touched the sea."
Isabelle Filippini, 43, from Paris

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your preferred communication method for setting up a date?



Twitter

@JenDeppeler: Very glad I have no reason to drive down 8th street today. Also glad my house isn't flooding the road. #watermainbreak #yxe

@sydb06: A fantastic night at the @SSO_ Stoon! Loved all the movie music, especially Les Mis and the tenor from #yxe. Bravo!

@markaferg: Congrats to the #yxe Blades and #CUC for single game attendance record: nearly 13K! Imagine if the arena was actually downtown not in Warman

@BillsFlowers: Worldwide, over 50 million roses are given for Valentine's Day each year, and we've got lots of them! #BePrepared #yxe

@mammazzini: I'm sorry driver, figured the speed limit was fast enough with the road conditions. No need to risk my family's life. @SaskatoonPolice #yxe

metro

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Looking fine in a Suit & Tie

Justin Timberlake makes a return to the stage at the Grammys on Sunday night. GETTY IMAGES

Grammy Awards.
Canada's Drake takes home award for best rap album, while Justin Timberlake tests out new material on stage

Critically lauded R&B crooner Frank Ocean won his first-ever Grammy trophy Sunday night, while a spry Justin Timberlake returned to the stage after years away for a stylized take on two new songs.

The 25-year-old Ocean entered the Grammy Awards with six nominations for his ambitious, contemplative debut commercial release Channel Orange, and he picked up his first award for best urban contemporary album early in the show.

"I hear ... the way you disarm audiences is by picturing them naked, but I don't want to do that," the L.A.-based singer said softly.

"I want to say thank you to my mother for being the best," he added, as his teary-eyed mom was captured clapping along.

But fun. bested Ocean in the best new artist category, an award he was buzzed to win. The band's lead singer, Nate Ruess, says he didn't expect his group to win. They were also up against Alabama Shakes, Hunter Hayes and The Lumineers.

In other news, the Grammys seemed to lose Canadian Carly Rae Jepsen's number, as her earworm smash Call Me Maybe was overlooked for both song of the year and pop solo performance.

Fun.'s irrepressible anthem We Are Young instead took top song trophy, and soon-to-be 31-year-old frontman Nate Ruess had a clever crack ready.

"Oh God. I don't know what I was thinking writing the chorus for this song — if this is in HD, everyone can see our faces and we are not very young," said Ruess, whose band performed Carry On amid an impressive fake downpour.

"We've been doing this for 12 years and I've just gotta say that we could not do this without the help of all the fans we've had keeping us afloat....

"I guess we've felt like your best-kept secret. So thank you guys so much."

Taylor Swift kicked off the show with an Alice in Wonderland-inspired rendition of her hit We Are Never Ever Getting Back Together.

Timberlake's had a monochromatic performance — literally. As he took the stage, the image went suddenly monochromatic as the tuxedoed singer moved slickly while surrounded by dancers steeped in old-school L.A. glamour.

Toronto rapper Drake finally claimed his first-ever Grammy Award out of 12 nominations. The 26-year-old took his inaugural hardware in the best rap album category, with his sophomore hit Take Care.

THE CANADIAN PRESS

Big winners

- **Song of the year.** We Are Young, fun.
- **Rap album.** Take Care, Drake.
- **Rock album.** El Camino, The Black Keys
- **Best new artist.** fun.
- **Record of the year.** Somebody that I Used to Know, Gotye.

Exclusively online

For a full list of Grammy winners visit metronews.ca.

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Chris Brown

ALL PHOTOS GETTY IMAGES

Chris Brown in the headlines again

It looks like Chris Brown's luck isn't getting better anytime soon.

The scandal-plagued singer was involved in a car crash this weekend, totalling his car but escaping uninjured, according to E! News. Brown was alone at the time and reportedly told police that he was being chased by paparazzi prior to the crash.

"Chris Brown was in a car accident this afternoon after being ruthlessly pursued by paparazzi," his rep says in a statement. "Two vehicles cut him off. The occupants jumped out, with cameras, and aggressively approached his vehicle. In an effort to remove himself from the situation, he began to back down an alley, at which point his way was cut off by two additional vehicles. Chris' vehicle was totaled due to this aggressive pursuit by the paparazzi. He is OK.""

Taylor Swift

Country music rivals keep a distance at Grammys

Taylor Swift's love life isn't the only source of tension in the 23-year-old singer's life. She apparently also has some issues with her country music rivals.

Producers at this weekend's Grammy Awards were reportedly ordered to keep Swift and Carrie Underwood "from crossing paths since they hate each other," sources tell Us Weekly. "Taylor feels Carrie is always rude to her, so she steers clear of her." Reps for the awards show, though, insist that "no requests were received from either artist."

Twitter

@tyrabanks
Glamorous nights are nice. Reading a book by the fireplace might just be a bit more glamorous for a girl like me. Nighty nite.

@kirstiealley
and lastly, from my pulpit, we have ALL done creepy things. I stress the word ALL. And we would ALL like to be forgiven. Stepping down now

@MarkDuplass
motion to expunge the word "moisten" from the english language. we could also do without the word "expunge" while we're at it.

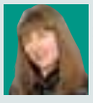
@MatthewPerry
I'm always thrown when people tweet things that are deeply personal. Why? Why would they do that? I mean, my pants are around my ankles.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

PETA demands Beyoncé's skin



STARGAZING
Malene Arpe
scene@metronews.ca

PETA is chastising Beyoncé for wearing a halftime outfit made of python and iguana. Just wait until PETA sees her costumes for the upcoming tour: a wolf bra, two pairs of dolphin-skin shoes with sea turtle heels, a baby polar bear cape (estimated amount of baby polar bears required: 12 to 17) and an Illuminatiger hat.

Justin Timberlake denies calling Britney "bitch." Says Justin, "Can't a person have a conversation about World War II and the British blitz?"

Alexander Skarsgard and Jack McBrayer are observed having lunch together. Which explains the sudden weird upsurge in Kenneth the Page and Eric Northman fan fiction.

Dolce and Gabbana releases a fragrance exclusively for babies. Great Szantorwx, God of Destruction, Malevolence and Infant-related Justice, Earth is ready for your ruling.

This week in Events That Make You Loathe Your Own Family Just A Bit Little Less. 1) Tanning Mom gets drunk and falls down in a nightclub. 2) Bobbi Kristina Brown asks people not to buy her grandmother Cissy Houston's "disrespectful" tell-all Remembering Whitney. 3) Three members of a Nova Scotia family are arrested for smoking and belligerence on board a flight to the Dominican Republic. 4) A Belgian tattoo artist inks his name in giant letters on his girlfriend's face one day after they met. 5) Octomom gets panicky and calls the school when she can't locate one of her kids, who is later found to be taking a nap at home. 6) Three years after they split, Christina Aguilera's husband is finally moving his stuff out of her house.

Calvin Klein's ex-boyfriend Nick Gruber says one of the women from Mob Wives: Chicago threatened to kill him with a screwdriver. Honey Boo Boo, a selection of Swamp People and the entire smoking family from Nova Scotia are all, "no, that's too much."

Celebrity math. Question: If Lindsay Lohan really didn't know that she owes her former lawyer $150,000 and Adele buys her mother a $950,000 apartment while Harry Styles gets a stripper for his 19th birthday, why was Richard III found in a parking lot? Answer: Because Donald Trump sued Bill Maher for $5 million over a joke.

TORSTAR NEWS SERVICE

week of love
February 11 - 15th
Warm a heart today; do something special for a friend, co-worker or family member and we will reward you both.
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Bullying

Canadian view

A survey by Big Brothers Big Sisters of Canada and Invesco Canada Ltd. provides insight into how Canadians view bullying.

Seventy-eight per cent of Canadians say not enough is being done to stop bullying and 94 per cent say teachers and school administrators share responsibility in trying to curtail the problem.

Among bullied Canadians, 72 per cent said they were teased in a way to humiliate and 71 per cent experienced verbal abuse and taunting. Meanwhile, among bullied Canadians who suffered lasting harm, effects included lack of confidence, low self-esteem, depression, anger management issues and poor academic achievement. METRO

Seventy-eight per cent of Canadians say not enough is being done to stop bullying. ISTOCK

Exclusively online

Mommy remembers when restaurant dining involved dropping $200 on a meal she couldn't pronounce. Now it's all about free refills, paper tablecloths and a menu featuring photos of the entrees. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Move over Marcia, Jan has an important lesson for parents

Failure. A classic episode of The Brady Bunch shows how vital it is to let your kids realize they aren't good at everything

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Like Jan on the Brady Bunch, kids have to learn that failure is a part of life. ABC PHOTO ARCHIVES

I loved The Brady Bunch as a child, but after re-watching a certain episode, I love it even more as a parent.

It featured middle daughter Jan Brady (the family's perpetual loser) trying to discover if she had a natural born talent ... for anything.

Predictably, and much to her teen despair, she failed at many different things (ballet, tap dancing, being a drum majorette, acting in the school play).

Mom Carol Brady said to husband Mike, "Poor Jan. She's really miserable. I hate to see her going through this." To which he grunted unsympathetically, "She'll have to figure it out."

I loved this. Today, do we ever let our kids "figure it out" for themselves? We constantly tell them they're good at everything, in a world where it's virtually impossible to fail a class. Or we have them participate in sports where no score is kept and no one ever loses.

On the show, it's Jan's sympathetic siblings who challenge and deliberately lose to her at a number of activities — ping pong, Monopoly. But, of course, she eventually discovers what they're doing and becomes convinced she's an even bigger loser.

Is this the risk we as parents take if we continue to prop our kids up with false praise, and an "everyone's a winner at everything" attitude?

They quickly learn the truth about their talents when they leave the house for a post-secondary education or into the real working world, where discipline and criticism can be harsh.

Preparing our children for disappointment and failure is one of the lessons we might want to have them learn at home, rather than from a disgruntled professor or angry manager.

American Idol is a great example of what can happen if you aren't honest with your children and you send them out onto the stage to fail.

My kids are terrible singers. I am a terrible singer. Their father is a terrible singer. It's just who we are, and we all know it. They won't be those show contestants who are painfully awful, but are convinced they're the next Kelly Clarkson because their mom says so.

By all means, we should be encouraging our children when they find what they're good at — we should be their biggest cheerleaders — but let's make sure we're not cheering them on to great public failure. After all, not everyone can be a perfect drum majorette like their big sister Marcia.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Is your family feline a natural-born killer?

According to a new report, cats kill far more animals than previously believed. ISTOCK

KIERON MONKS
Metro World News in New York

Little Tiddles is fluffy, adorable ... and murderous.

A report from the Smithsonian Conservation Biology Institute found cats kill far more animals than was previously believed — four billion birds and 20 billion mammals a year just in the United States.

We spoke to lead researcher Dr. Scott Lost.

Which cats are the biggest killers and why?
We estimate that unowned cats, including barn cats, stray cats, cats in subsidized colonies and cats that are completely feral are responsible for 69 per cent of bird mortality and 89 per cent of mammal mortality. The predation rates by this group average three times greater than rates for owned cats.

How many kills might a pet cat make in a year?
The best available data suggests that owned cats kill between four and 18 birds and 11 and 30 mammals per year. This is before accounting for prey items that cat owners and researchers are unable to detect, so the numbers are probably higher. Unowned cats — because they spend 100 per cent of their time outdoors — kill 23 to 46 birds and 140 to 330 mammals per year, on average.

But we know cats are predators — why should we worry?
In the U.S., there are no native predators that are comparable to domestic cats. Thus, cats represent a novel predator and threat to wildlife. The data suggests that native bird and mammal species — as opposed to "pests" — make up the majority of the species preyed upon by cats. More research is needed to determine which species are most vulnerable to cats.

Tangy Shrimp, Asparagus and Egg Stir-fry beats takeout

This recipe serves four. NEWS CANADA

Why not break out of the typical weeknight routine and wow your family with a simple and delicious Asian-inspired home-cooked meal that takes very little effort?

With just a handful of ingredients, you can create an impressive dish bursting with exciting flavours.

The tangy Asian-inspired sauce mixed with fresh vegetables will make you swear off takeout for good.

To avoid overcooking the shrimp, make sure they are still undercooked before adding the eggs.

1. In a large non-stick skillet, heat the vegetable oil over high heat. Add the cut-up asparagus and stir-fry for 4 minutes; add the thawed shrimp and cook while stirring for 3 minutes.

2. Lower the heat, add lightly beaten eggs and them let set slightly without stirring, about 1 minute.

3. Break up the eggs with a spatula, pour in the stir-fry sauce, green onions and stir to heat the mixture through, another 2 minutes.

4. Serve on cooked rice or noodles. **NEWS CANADA/ VH SAUCES**

Ingredients

Prep time: 10 minutes
Cook time: 10 minutes

- 2 tbsp (30 ml) vegetable oil
- 2 cups (500 ml) asparagus pieces, cut into 1-inch lengths
- 1 lb (500 g) peeled medium-sized shrimp, thawed
- 2 eggs, lightly beaten
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1/2 cup (125 ml) finely sliced green onions
- 1/2 lb (250 g) rice noodles, cooked as directed on package

Healthy eating

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Canned tuna offers a fix for a quick bite. But not all tuna is created equal when it comes to calories and fat content.

Spicy Thai canned tuna on a whole wheat bagel

490 calories / 13 g fat
Read the ingredients carefully on individual meal cans as they differ, usually due to more oil. The bagel alone has more than 300 calories.

Equivalent

One Spicy Thai can of tuna on a whole wheat bagel is equal in calories to five spicy chicken tenders (battered) from Popeye's.

Tomato and onion canned tuna on a whole wheat English muffin

200 calories / 3 g fat
This variety contains less oil and an English muffin has only 100 calories.

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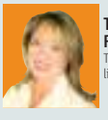
With the money, I was able to pay for my plane ticket to Europe along with the books I needed for a class I took this summer, before leaving. I feel very privileged to benefit from this financial boost - especially in times where we realize that only solidarity is there for the needs of many - and hope to pass forward the beautiful gesture in many ways!

SCHOLARSHIPSCANADA.com

The In-Credibility Factor

Alex Hyssen and his business partner Andrew Lenjosek agree that any successful business must start with a solid and supportive team dynamic. PROVIDED

Name: Alex Hyssen and Andrew Lenjosek
City: Toronto
Age: 23
Occupation: Co-Founders of Koge Vitamins



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

They had it all, successful careers, money and freedom. But Andrew Lenjosek gave up his job on Wall Street in New York and Alex Hyssen left his sales analyst job to start their own company. Their plan is to simplify the vitamin buying experience while dramatically reducing prices for consumers. Putting their life savings into the venture, they are ready to launch and the early buzz has this start-up ready to explode out of the starting gate.

We knew we were on our way...

"When we launched our social media campaign," says Lenjosek. "Within two weeks, our outreach added more than 10,000 people to our sign-up list through our website landing page. We received dozens of emails from people who expressed support for our cause — a few even asked us about investing and/or joining the team!"

Hyssen adds, "The initial reaction of all of these people, particularly people we had never met before, proved to our team that our goals were desirable and absolutely within reach, and that we were on track to achieving them."

Action Plan:

Focus on what you're passionate about.
It's hard to find the courage to "veer off the path" and start a company from scratch when all of your friends are working in safe and stable professional jobs. When you've grown into a fully operational company, you certainly won't look back and regret taking a chance on something you believed in, even if the ride was bumpy.

Choose your partners wisely
You're going to be "married" to the people you start your company with, so getting along is a must. Pick individuals you trust and who you believe are honest. Your partners need to be willing to put everything on the line, work extremely hard and be just as determined as you in order to succeed.

Be resourceful
Reach out to everyone you know, make the choices that add the most value and focus on testing your concept before you start to unload the big bucks on features that aren't critical.

Andrew Lenjosek. PROVIDED

NHL

Oilers stop five-game slide

Magnus Paajarvi scored a go-ahead short-handed goal with 3:10 remaining and Devan Dubnyk made 39 saves as the Edmonton Oilers snapped a five-game losing streak with a 3-1 win over the Blue Jackets on Sunday night.

Sam Gagner scored into an open net and assisted on the game-winner, and Ales Hemsky scored in the first period for Edmonton, which still has earned points in four of its last six.

R.J. Umberger scored his first of the season to tie it in the third for Columbus, which lost its third straight despite outshooting the Oilers 40-14 overall and 15-3 in the third period.

Dubnyk, tracking the puck well all game, particularly on Columbus' seven power plays, looked poised for his fifth career shutout until Umberger broke through.

THE ASSOCIATED PRESS

NBA

James stays hot for Heat in win over Los Angeles

LeBron James scored 32 points on 12-for-18 shooting in a record-setting show, Dwyane Wade scored 30 and the Miami Heat beat the Los Angeles Lakers 107-97 on Sunday for their fifth-straight win.

It was James' fifth-straight game with at least 30 points, a franchise record. He also joined Adrian Dantley (1979) and Moses Malone (1982) as the only NBA players to score at least 30 and shoot at least 60 per cent in five-straight outings, the team said.

Kobe Bryant had 28 points and nine assists for the Lakers.

THE ASSOCIATED PRESS

Montreal Canadien Max Pacioretty, right, shows his arm to a referee following an incident with Toronto Maple Leaf Mikhail Grabovski as Canadiens goalie Carey Price looks on Saturday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Will NHL bare teeth at Maple Leafs forward?

NHL. Disciplinary hearing set for Mikhail Grabovski over alleged biting incident

Mikhail Grabovski seems to have given hockey fans and the NHL something to chew on.

The Maple Leafs forward got a one-day reprieve when his hearing with NHL disciplinarian Brendan Shanahan over an alleged biting incident was delayed.

Grabovski and Shanahan will discuss over the phone on Monday — scheduled for 11 a.m. — just what happened Saturday in the third period when Montreal's Max Pacioretty grabbed Grabovski from behind and twisted his head. Grabovski responded by appearing to chomp on Pacioretty's arm.

No reason was given for the delay — it was originally scheduled for Sunday — but the league is certain to come to a decision before the Leafs play the Philadelphia Flyers on Monday evening at the Air Canada Centre.

Grabovski could be suspended, fined or both. Neither Grabovski or Pacioretty spoke after the game, nor did Grabovski speak to reporters after Sunday's practice at the MasterCard Centre.

Twitter sunk its teeth into the bite debate, adding another layer to Toronto's historic rivalry with Montreal as supportive Leaf fans incited Montreal fans with hashtags like "#Biteme" and "#FreeGrabbo."

"Sore losers, simple as that," tweeted one.

Grabovski, a former Hab, has left his mark on this rivalry. He is frequently targeted by Montreal players — the Leafs accused Brandon Prust of cheap-shotting Grabovski on Saturday night — and routinely jeered at the Bell Centre.

"This shouldn't be happening," Habs defenceman Josh Gorges said of the alleged bite. "Drop your gloves, fight, stand up for yourself."

The Leafs defended Grabovski, saying they didn't see the alleged bite but adding he was provoked.

"I don't know what happened," said Leaf defenceman Mark Fraser. "It's the game.... In the heat of the moment, guys react differently."

TORSTAR NEWS SERVICE

Flyers coming to town

- As the Maple Leafs try to prove they can win at home, the Philadelphia Flyers want their road fortunes to get better.
- Monday's game at the Air Canada Centre is also the first game against their former teams for both Luke Schenn and James van Riemsdyk.
- Van Riemsdyk, 23, is quickly becoming the power forward that Toronto has lacked, while after a rough first few games as a Flyer, Schenn, also 23, is starting to give Philadelphia a strong, physical presence on their blue-line.

Raptors bench answers Casey's wake-up call

Toronto Raptor Alan Anderson slaps the ball away from New Orleans Hornets forward Ryan Anderson in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

When Raptors coach Dwane Casey issued a challenge to his second unit during half time, the message wasn't lost on John Lucas.

The backup point guard scored 10 of his 19 points in the fourth quarter as Toronto defeated the New Orleans Hornets 102-89 Sunday.

Casey wasn't pleased to see an 11-point Toronto lead in the second quarter quickly erased as the Hornets went on a 10-0 run with the Raptors' second unit on the floor.

"We struggled a little bit in the first half where the second unit gave up a lead," Casey said. "I challenged them about coming in and being ready to play, perform; you can't play your starters 48 minutes, and they came in and performed in the second half."

On Sunday

Raptors	Hornets
102	89

Alan Anderson added 11 off the bench as Toronto (19-32) won its second straight and improved to .500 at the Air Canada Centre this season (13-13).

"He just called us out point blank, called us out and that's what we needed: a wake-up call," said Lucas.

Rudy Gay had a game-high 20 points, and Kyle Lowry added 14 points and 10 assists.

Gay, who came in averaging 24.3 points since his trade from Memphis, became the first Raptor to have five-straight games with 20-plus points since Andrea Bargnani (Dec. 28, 2011 — Jan. 4, 2012) last season.

THE CANADIAN PRESS

4 SPORTS

Soccer. Ronaldo looks to steal show versus Man U

As a player who relishes being centre stage, Cristiano Ronaldo will be in his element this week when the Champions League resumes with a blockbuster last-16 match between Real Madrid and Manchester United.

United transformed Ronaldo from a prodigiously talented yet hit-and-miss winger to one of football's most devastating goal-scorers in his six years in the Premier League.

He has blossomed even further since his world-record transfer to Madrid in 2009, leaving United manager Alex Ferguson with the unenviable task of taming the player he nurtured into one of the world's most complete footballers.

Ferguson has been showering his former protege with praise in the build-up to Wednesday's match and, as a self-confessed regular watcher of Madrid's matches, will have seen Ronaldo score a 20th hat trick for the Spanish giants in a league win over Sevilla on Saturday.

"(Zinedine) Zidane was a fantastic player, (Luis) Figo was a fantastic player, but not as good as Ronaldo," Ferguson said, comparing Madrid greats of the past decade.

THE ASSOCIATED PRESS

Quoted

"He's beaten all the records there.... He is indelibly printed in their history now. Ronaldo is pivotal to everything they do."

Alex Ferguson on his protege Cristiano Ronaldo's role with Real Madrid

Skiing

Vonn surgery 'went well,' source claims

Lindsey Vonn had surgery on her right knee that "went well" after she shredded two ligaments during a crash last week at the world championships, according to a person with knowledge of the situation.

The person spoke to The Associated Press on condition of anonymity.

Vonn tore her anterior cruciate and medial collateral ligaments last week in Schladming, Austria. She also broke a bone in her leg.

THE ASSOCIATED PRESS

Manitoba's Birchard comes up short again at juniors

Manitoba skip Shannon Birchard watches her shot during the semifinal match against Ontario at the M&M Meat Shops Junior Curling Championships in Fort McMurray, Alta., Sunday. Birchard lost to Manitoba's Corryn Brown 6-3 in the final. MICHAEL BURNS PHOTOGRAPHY/MARK O'NEILL/THE CANADIAN PRESS

Curling. B.C. wins first gold at Canadian championship since '87

Corryn Brown's Kamloops team defeated Manitoba's Shannon Birchard 6-3 on Sunday night to win the women's Canadian junior curling championships.

Brown's team of 17-year-olds — third Erin Pincott, second Sam Fisher and lead Sydney Fraser — will represent Canada later this month at the world juniors in Sochi, Russia.

It was B.C.'s first gold medal at the tournament since 1987, when Julie Sutton won her second straight with a victory in Prince Albert, Sask.

It was a tight first five ends, with B.C. taking a 1-0 lead with a single point in the fourth when Brown made an open hit while looking at three Manitoba counters.

Birchard responded in the sixth when she made a cold draw to the four-foot to score two and take her first lead of the game.

But B.C. answered back in the seventh as Brown made a spectacular triple takeout to score three and take a 4-2 lead.

In the eighth end, Birchard was looking at five B.C. rocks in the rings, but coolly drew to bite a piece of the button to score one and cut Brown's lead to 4-3.

Brown made an open hit for a single in the ninth to restore her two-point lead.

In the 10th, Birchard had a runback double takeout to score two and force an extra end, but the rock jammed, giving B.C. a steal and the victory.

It was the second straight year that Winnipeg's Birchard has finished second at the Canadian juniors. Playing with lead Mariah Mondor, she lost last year's final to Alberta's Jocelyn Peterman at Napanee, Ont.

Her team this year was rounded out by third Nicole Sigvaldason and second Sheyna Andries.

Manitoba's Matt Dunstone won the men's final on Saturday.

THE CANADIAN PRESS

Tennis

Nadal loses final in return to court

Rafael Nadal was beaten in both the singles and doubles finals at the VTR Open on Sunday in a disappointing finish to his comeback tournament after seven months out with a torn tendon in his left knee..

Nadal was beaten in the singles final 6-7 (2), 7-6 (6), 6-4 by Argentina's Horacio Zeballos. Afterward, Nadal and partner Juan Monaco lost the doubles final to the Italian pair of Paolo Lorenzi and Potito Starace 6-2, 6-4.

Nadal was an overwhelming favourite, particularly in singles, where he was shooting for this 37th singles title on clay. Zeballos won his first singles title on any surface and looked every bit the equal of the seven-time French Open champion. It was only the fifth singles final Nadal has lost on clay to go with 36 victories.

THE ASSOCIATED PRESS

Rafael Nadal on Sunday. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	12	8	1	3	33	24	19
Pittsburgh	13	8	5	0	41	32	16
NY Rangers	11	6	5	0	29	27	12
Philadelphia	12	5	6	1	29	33	11
NY Islanders	11	4	6	1	32	37	9

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	10	8	1	1	29	21	17
Toronto	12	7	5	0	34	31	14
Ottawa	12	6	4	2	31	23	14
Montreal	11	6	4	1	31	30	13
Buffalo	13	5	7	1	39	46	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	6	5	0	43	32	12
Carolina	10	5	4	1	28	30	11
Winnipeg	11	5	5	1	30	37	11
Florida	11	4	6	1	25	40	9
Washington	12	3	8	1	30	41	7

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	11	9	0	2	39	25	20
Detroit	12	7	4	1	33	32	15
Nashville	11	5	2	4	24	23	14
St. Louis	11	6	4	1	38	36	13
Columbus	12	3	7	2	24	39	8

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	2	33	24	16
Edmonton	12	5	4	3	28	30	13
Minnesota	11	5	5	1	24	29	11
Calgary	9	3	4	2	25	33	8
Colorado	10	4	6	0	21	26	8

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	11	7	2	2	34	22	16
Dallas	12	6	5	1	26	28	13
Phoenix	12	5	5	2	32	33	12
Los Angeles	10	3	5	2	22	31	8

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Detroit 3 Los Angeles 2
Edmonton 3 Columbus 1
Boston 3 Buffalo 1
NY Rangers 5 Tampa Bay 1
New Jersey 3 Pittsburgh 1
Chicago at Nashville
Saturday's results
Philadelphia 4 Carolina 3 (OT)
New Jersey 3 Pittsburgh 1
Winnipeg 1 Ottawa 0
Detroit 2 Edmonton 1
Phoenix 1 San Jose 0 (SO)
Buffalo 3 NY Islanders 2
Tampa Bay at Boston (ppd.)
Toronto 6 Montreal 0
Washington 5 Florida 0
Anaheim 6 St. Louis 5 (SO)
Minnesota 2 Nashville 1 (OT)
Vancouver 5 Calgary 1
Monday's games — All Times Eastern
Carolina at NY Islanders, 7 p.m.
Philadelphia at Toronto, 7 p.m.
San Jose at Columbus, 7 p.m.
Los Angeles at St. Louis, 8 p.m.
Phoenix at Colorado, 9 p.m.
Minnesota at Calgary, 9 p.m.
Tuesday's games
Carolina at New Jersey, 7 p.m.
NY Rangers at Boston, 7:30 p.m.
Montreal at Tampa Bay, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Anaheim at Chicago, 8:30 p.m.
Dallas at Edmonton, 9:30 p.m.
Minnesota at Vancouver, 10 p.m.

NBA

PGA

AT&T PEBBLE BEACH NATIONAL PRO-AM
At Pebble Beach, Calif.
Final round
Par 72

Brandt Snedeker, $1,170,000	66-68-68-65—267
Chris Kirk, $702,000	71-68-64-66—269
James Hahn, $338,000	71-65-66-70—272
Kevin Stadler, $338,000	69-69-69-65—272
Jimmy Walker, $338,000	68-71-67-66—272
Jason Day, $234,000	68-68-70-67—273
Fredrik Jacobson, $209,625	71-66-70-67—274
Patrick Reed, $209,625	68-69-67-70—274
Retief Goosen, $175,500	71-68-67-69—275
James Driscoll, $175,500	72-67-67-69—275
Patrick Cantlay, $175,500	66-70-72-67—275
Justin Hicks, $131,625	71-68-70-67—276
Aaron Baddeley, $131,625	69-71-69-67—276
Bryce Molder, $131,625	71-72-69-64—276
Richard H. Lee, $131,625	68-71-66-71—276
Ted Potter, Jr., $94,250	67-67-73-70—277
Charlie Wi, $94,250	70-70-68-69—277
John Merrick, $94,250	68-67-74-68—277
William McGirt, $94,250	72-69-67-69—277
Sean O'Hair, $94,250	70-67-70-70—277
Hunter Mahan, $94,250	66-69-73-69—277
Robert Garrigus, $65,000	71-69-66-72—278
Kevin Na, $65,000	68-72-68-70—278
Cameron Tringale, $65,000	71-71-70-66—278
Jordan Spieth, $65,000	70-70-68-70—278
Also:	
Brad Fritsch, $24,700	**69-73-71-69—282**
Mike Weir, $15,184	**75-65-71-73—284**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	34	14	.708	—
New York	32	17	.653	2½
Indiana	31	20	.608	4½
Chicago	30	20	.600	5
Brooklyn	29	21	.580	6
Atlanta	27	22	.551	7½
Boston	27	23	.540	8
Milwaukee	25	24	.510	9½
Philadelphia	22	27	.449	12½
Detroit	20	32	.385	16
Toronto	**19**	**32**	**.373**	**16½**
Cleveland	16	35	.314	19½
Orlando	15	36	.294	20½
Washington	14	35	.286	20½
Charlotte	11	39	.220	24

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	39	12	.765	—
Oklahoma City	38	12	.760	1/2
L.A. Clippers	36	17	.679	4
Memphis	32	18	.640	6½
Denver	33	19	.635	6½
Golden State	30	21	.588	9
Houston	28	24	.538	11½
Utah	28	24	.538	11½
Portland	25	26	.490	14
L.A. Lakers	24	28	.462	15½
Dallas	22	28	.440	16½
Minnesota	18	30	.375	19½
Sacramento	18	33	.353	21
Phoenix	17	34	.333	22
New Orleans	17	34	.333	22

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
L.A. Clippers 102 New York 88
Miami 107 L.A. Lakers 97
Boston 118 Denver 114 (3OT)
Toronto 102 New Orleans 89
Orlando 110 Portland 104
Memphis 105 Minnesota 88
San Antonio at Brooklyn
Oklahoma City at Phoenix
Houston at Sacramento
Saturday's results
Denver 111 Cleveland 103
Philadelphia 87 Charlotte 76
Dallas 116 Golden State 91
Detroit 105 Milwaukee 100
Sacramento 120 Utah 109
Monday's games — All Times Eastern
L.A. Clippers at Philadelphia, 7 p.m.
Minnesota at Cleveland, 7 p.m.
Brooklyn at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
New Orleans at Detroit, 7:30 p.m.
San Antonio at Chicago, 8 p.m.
Washington at Milwaukee, 8 p.m.
Atlanta at Dallas, 8:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Act with restraint today, even though someone you have dealings with deserves to be criticized. If you react too aggressively your words could have consequences you will not enjoy. Keep those sarcastic remarks to yourself.

♉ Taurus
April 21 - May 21
There is no point chasing after something too eagerly today, because the planets warn you are unlikely to catch up with it. Pretend you are not too bothered whether or not you get it – then you won't be disappointed.

♊ Gemini
May 22 - June 21
You may be in the mood for fun and games (as usual) but those around you don't seem to be in the mood to play. How frustrating. Just this once it looks like you will have to entertain yourself.

♋ Cancer
June 22 - July 23
Someone may try to intimidate you today but you must not let them see they are getting to you. Fortunately Cancers are very good actors, so make like you don't care and they will leave you alone.

♌ Leo
July 24 - Aug. 23
A battle of wills is likely. What you want to do is at odds with what a loved one wants to do. So what is the answer? Go your own ways and do your own things. You don't have to do everything together.

♍ Virgo
Aug. 24 - Sept. 23
Venus, planet of values, is linked to Saturn, planet of limitation, so most likely you will be prevented from doing something you want to do. By the end of the week you will realize it actually worked in your favor.

♎ Libra
Sept. 24 - Oct. 23
Don't waste time arguing about who thought of something first – you should be pulling together and making it work. It does not matter where ideas come from, it matters only what you do with them.

♏ Scorpio
Oct. 24 - Nov. 22
The important thing today is that you stay in control of your emotions. If you let other people get under your skin bad feelings could escalate quickly and there is no telling where you might end up. In the cells overnight?

♐ Sagittarius
Nov. 23 - Dec. 21
There are so many ideas running through your head that it's getting confusing. What you must do is sit down with a pen and notebook and write them all down. Only then can you start to make sense of your life.

♑ Capricorn
Dec. 22 - Jan. 20
Although you generally like things to stay as they are what happens today and over the coming week will remind you that nothing in life is permanent – and that's a good thing. Change works for you, so embrace it.

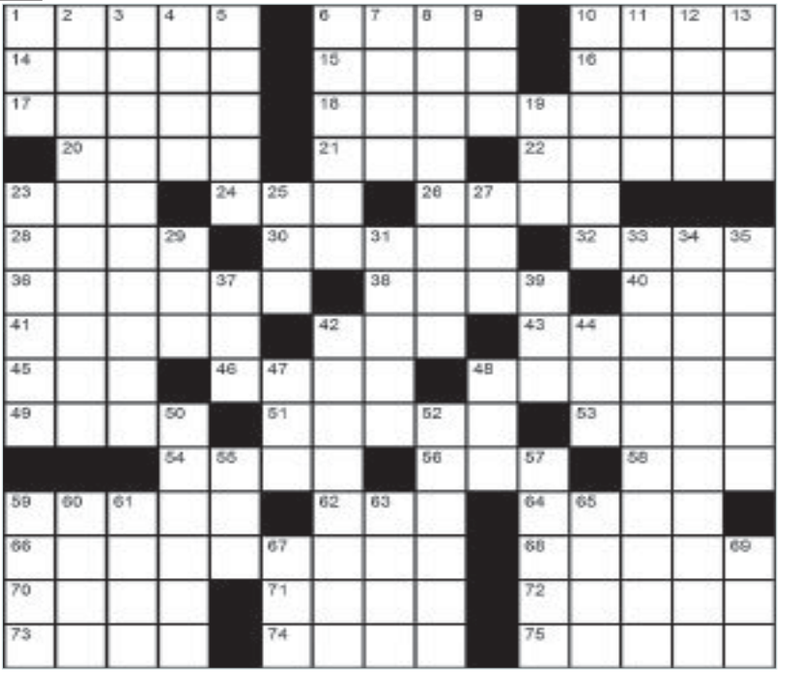
♒ Aquarius
Jan. 21 - Feb. 19
If someone you are fond of is moody and uncommunicative today don't try to push them. Give them the space they need to work out their problems and by this time tomorrow they will be bubbling again.

♓ Pisces
Feb. 20 - March 20
A project you had high hopes for has not worked out so well, which is disappointing, but don't be too unhappy about it. What did it teach you? There is always something you can carry on to the next task.

SALLY BROMPTON

Crossword: Canada Across and Down

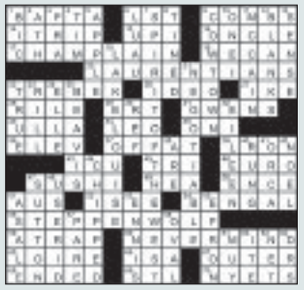
BY KELLY ANN BUCHANAN



Across
1. Quebec's __ Peninsula
6. Vogue and People, for short
10. The Grapes of Wrath family
14. Three: French
15. Film director Mr. Petri
16. Greasy
17. Dazes
18. Nova Scotia university
20. FOX musical dramedy
21. Geog. feature
22. Apprehension
23. Nuke
24. "Making Plans for Nigel" band
26. Business subj.
28. Util. bill
30. "One __ (__ the Body)" by The Rolling Stones
32. Spheres
36. Woolly camel-like animal
38. Lawyers, for short
40. Granola bit
41. Cartoon skunk Pepe: 2 wds.
42. 'Advert' suffix
43. Beatrice Arthur sitcom
45. Metal-bearing mineral
46. Royal Canadian __
48. Quandary
49. Ms. Banks
51. West: French
53. Ex-ruler of Iran
54. Connect
56. Pas' partners
58. Duran Duran hit
59. "Hang Ten" singer
62. Moo __ pork (Takeout dish)
64. Coconut fibre
66. Northwest Passage† searcher, Sir Martin __
68. Mr. McDowall of movies
70. Ms. Hatcher
71. Territory
72. Close by, to a poet
73. Director Mr. Mendes, and others
74. Li'l instruments
75. Busey and Sinise

Down
1. Lettered Mustang cars
2. AGO = __ __ of Ontario
3. Albert Schultz is the Founding Artistic Director of this Toronto theatre company
4. Tree type
5. County in England
6. Renaissance family of influence
7. Regrettably
8. Razors brand
9. Fifth music note, variantly
10. Reporter, for short, Brit-style
11. Van Gogh's Bank of the __ at Auvers
12. Et __ (And others, in Latin)
13. Tinted
19. Prefix with 'meter'
23. Fanatic
25. 1996 Snoop Dogg album: '__ Doggfather'
27. Cottage bed
29. Flight simulators co. headquartered in Saint-Laurent, QC
31. Flavour
33. Saskatchewan player
34. Covering up with a hat reason: 3 wds.
35. Prefix to 'scope'
37. Uniquely-spelled mountain basin
39. Clothing sizes letters
42. Stone land marker of the Inuit to guide Arctic travellers
44. Three-toed sloths
47. Suffix to 'Opt'
48. Harper Valley, e.g.
50. Courtroom cover stories
52. Blue cartoon creatures
55. Pasta names suffix
57. Neck, slang-style
59. Terrestrial stage newts
60. Ms. de Matteo
61. Earth crawler
63. Present
65. Charlie Chaplin's last wife
67. Actor Mr. Townsend, to pals
69. 12-month periods

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9	3					1	
5					6		4	
2			7		1	8		
	8			3		5		6
1		6		2			3	
		5	8		7			9
	3		9					8
	7					4	5	

Friday's Sudoku

1	4	3	5	6	7	2	8	9
6	7	9	3	8	2	1	4	5
5	8	2	1	4	9	7	3	6
3	9	7	4	1	8	5	6	2
4	1	5	2	3	6	8	9	7
8	2	6	9	7	5	3	1	4
2	5	4	8	9	3	6	7	1
9	6	8	7	5	1	4	2	3
7	3	1	6	2	4	9	5	8

Today
-3°/-7°
Mainly sunny
Tuesday
-2°/-12°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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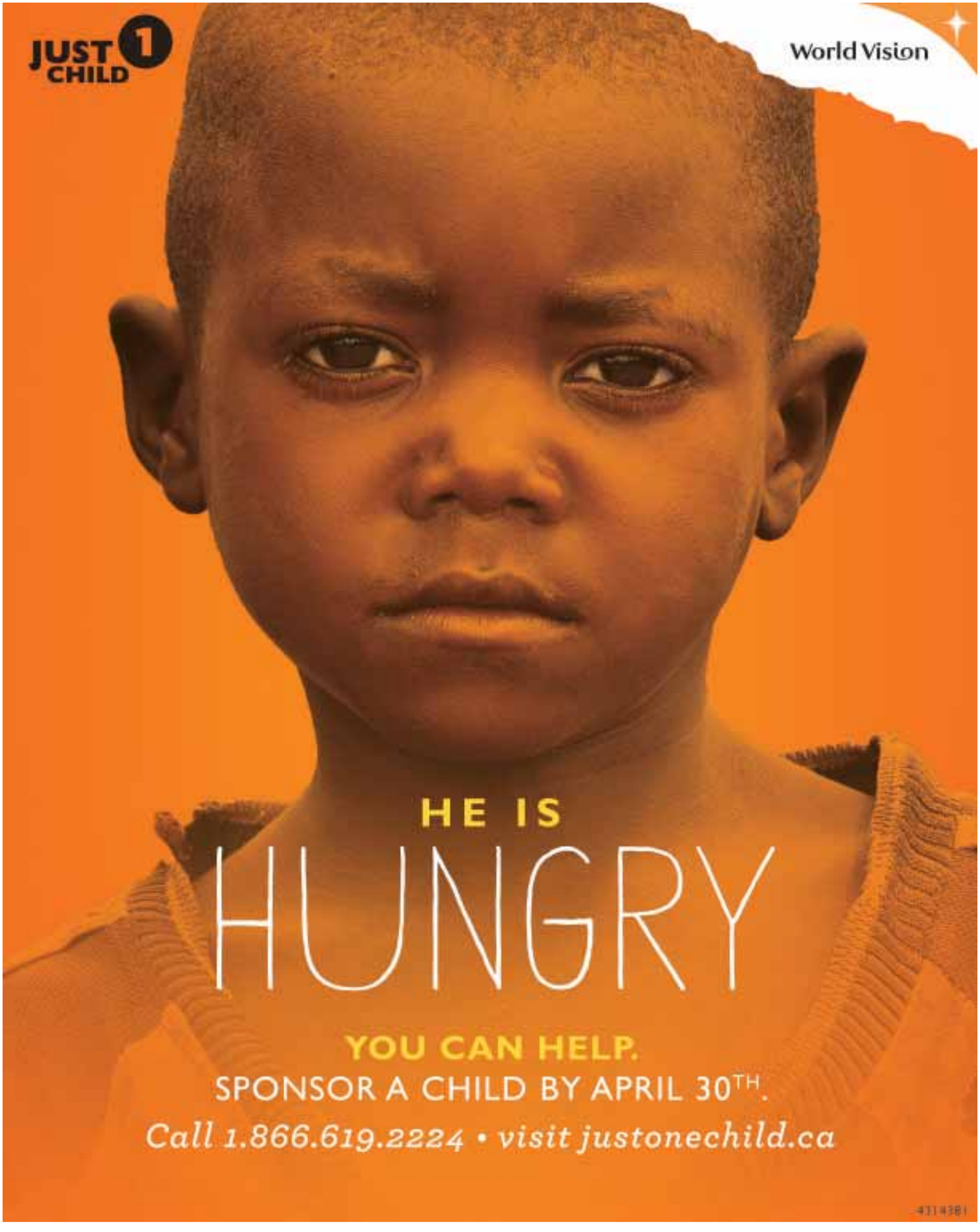
Sharability

easy — hard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